

October News

Special Events at the Senior Center:

Hearing Check up and Cleaning: Darin Ducklow of "Miracle Ear" will be here on Wednesday October 6th and 20th, 2010 from 9:30-3:30pm at the Senior Center. To schedule an appointment you must call (608) 829-3777 or toll free 1-800-472-4327

Medicare Advantage Seminar: On Wednesday, October 13th, 2010 at 10:00am at the Senior Center. Thomas Geiger from Tri Resource Group will be doing a presentation on affordable Medicare advantage plans. These plans offer numerous benefits, come and see what options are available for you.

A free Lifeline Screening Presentation: On Thursday, October 14th, 2010 at 10:15am. It will be presented by: Angie Jopke, Health Service Coordinator.

~Assess your own health risk factors.

~Learn about the warning signs of strokes and vascular disease.

~ Find out things you can do to help reduce your stroke risk.

~ Discover the facts about vascular disease and osteoporosis that effect men and women.

These workshops empower individuals who are interested in being proactive about maintaining a health and rewarding lifestyles.

Cracker Barrel: On Thursday October 14th, 2010 at 9:30am the bus will leave from the Senior Center. We will be heading to the East side of Madison to stop at some stores and then heading to eat at the Cracker Barrel. You must bring your own money for your meal. The cost for the bus ride is \$3.00 round trip. Please sign up by October 12th, 2010, to make reservation call 437-6902.

Halloween Bingo: On Friday, October 22nd, 2010, we will be having Bingo at 12:30, with lots of great prizes and refreshments. Come and join the fun! (*Sponsored by Comfort Keepers*)

Influenza and Pneumonia Immunization coming to the Mt. Horeb Senior Center:

There will be a walk-in clinic at the Senior Center, on Wednesday Oct. 27th, from 9:00am to 1:00pm. Those who have Medicare B or Medicaid will not have to pay for the shot. Medicare B and Medicaid also pay for the pneumonia vaccinations. If you have any questions feel free to contact the Senior Center at 437-6902.

Greg Dahmen: On Friday, October 29th, 2010 at 12:30, will be coming to the Senior Center to play the accordion and the "Old Squeeze Box" with many familiar tunes. Come and enjoy the fun.



*** SAVE THE DATE:** Wednesday November 3rd, 2010. Southwest Dane Outreach will be having a fundraiser, along with Culver's in Mt. Horeb. The proceeds will go towards the Nutrition and Case Management programs. So everyone gather your friends, family and neighbors come to Culver's to support the Mount Horeb Senior Center.

